



## ASEPTIC METHOD

# Formula and Record book

Name Baby Johnson

Birth Date 11-8-54

Birth Weight 7 lbs. 8 3/4 oz. Length 21 ins.

Present Weight 7 lbs. 6 oz. Length \_\_\_\_\_ ins.

### PREPARE FORMULA ACCORDING TO INSTRUCTIONS ON FOLLOWING PAGES

6 oz. Carnation Evaporated Milk

12 oz. water

1 level tablespoons Dextre Maltose  
(Carbohydrate)

Divide into 6 bottles of 3 oz. each

Feed at 2-6 10 AM 2-6-10 P.M.

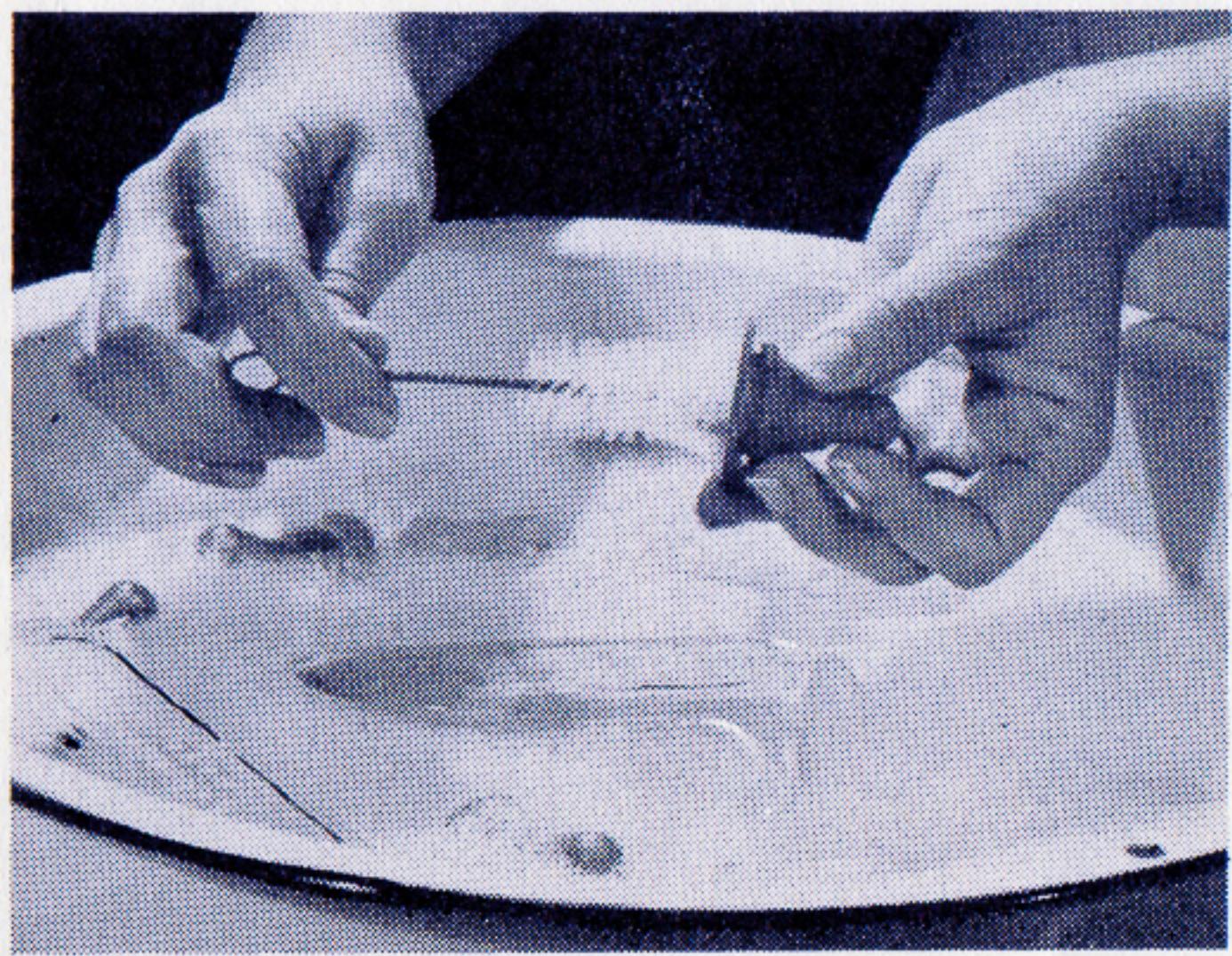
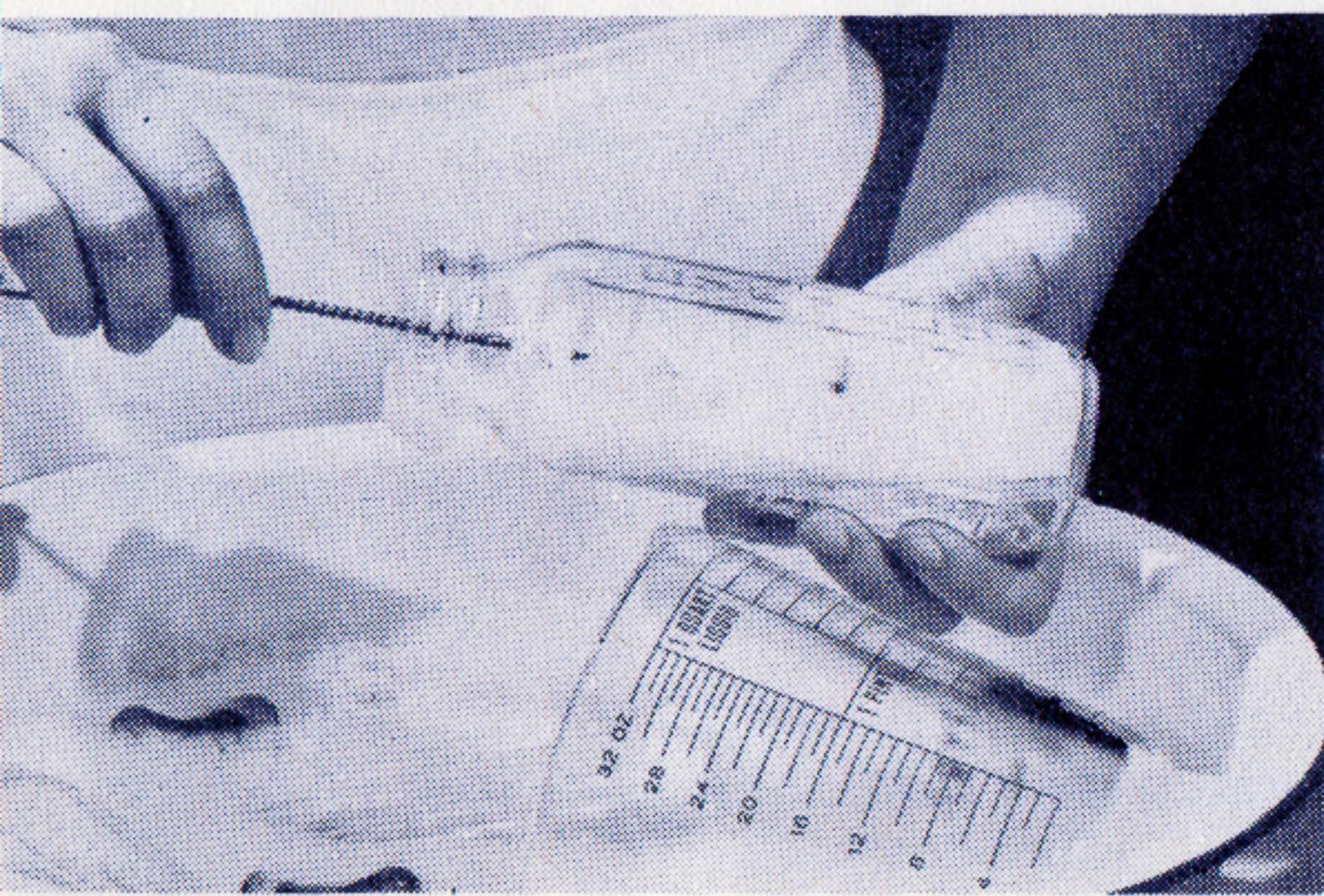
### SPECIAL INSTRUCTIONS

# formula preparation

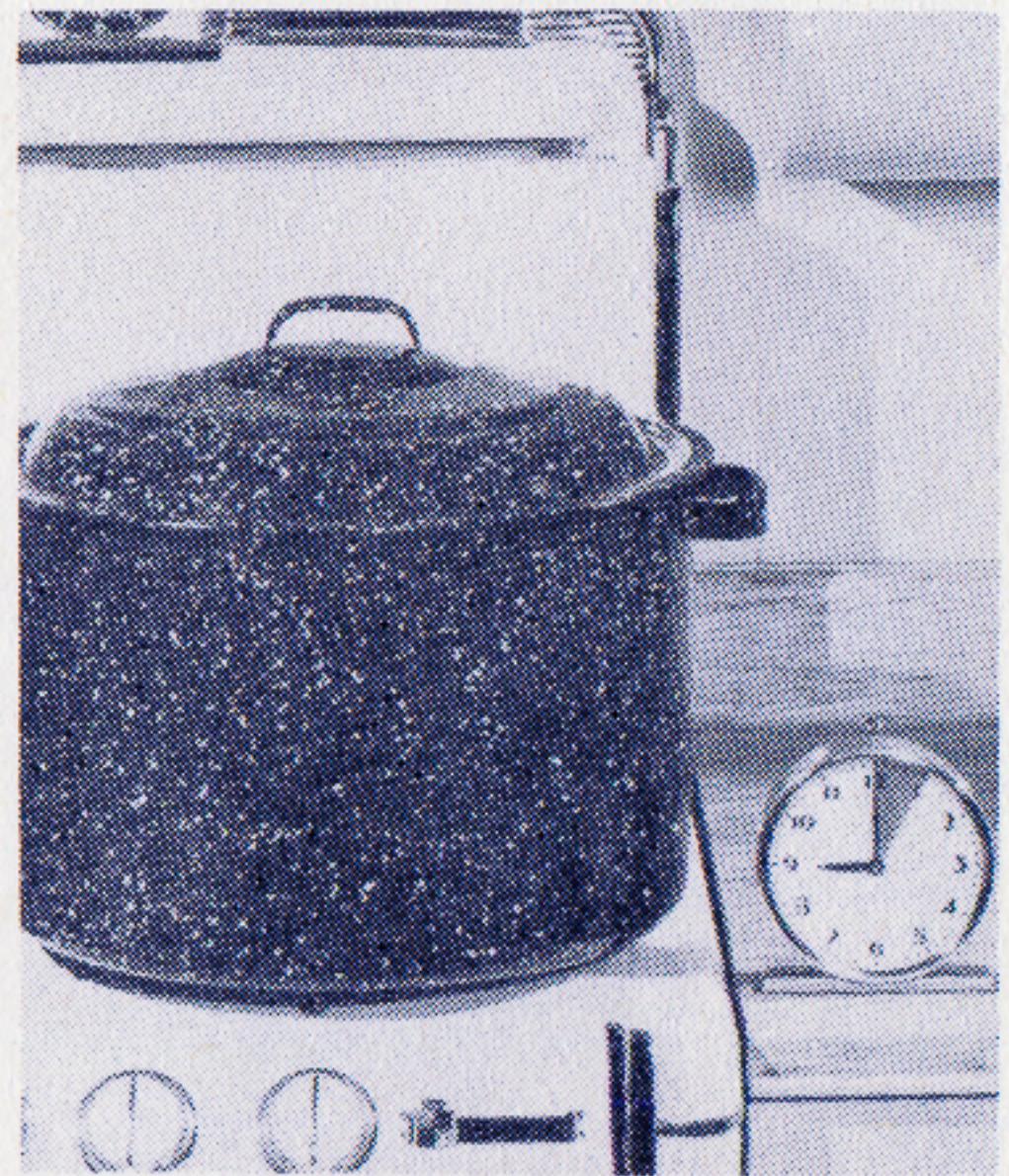
## EQUIPMENT NEEDED

Bottles, nipples and caps  
(see Photo 14).  
Quart measuring cup.  
Measuring tablespoon.  
Mixing spoon, kitchen knife.

Can opener, funnel.  
Bottle and nipple brush.  
Nipple jar with holes in lid.  
Long handled lifting tongs.  
Large kettle with wire rack  
for sterilizing equipment.



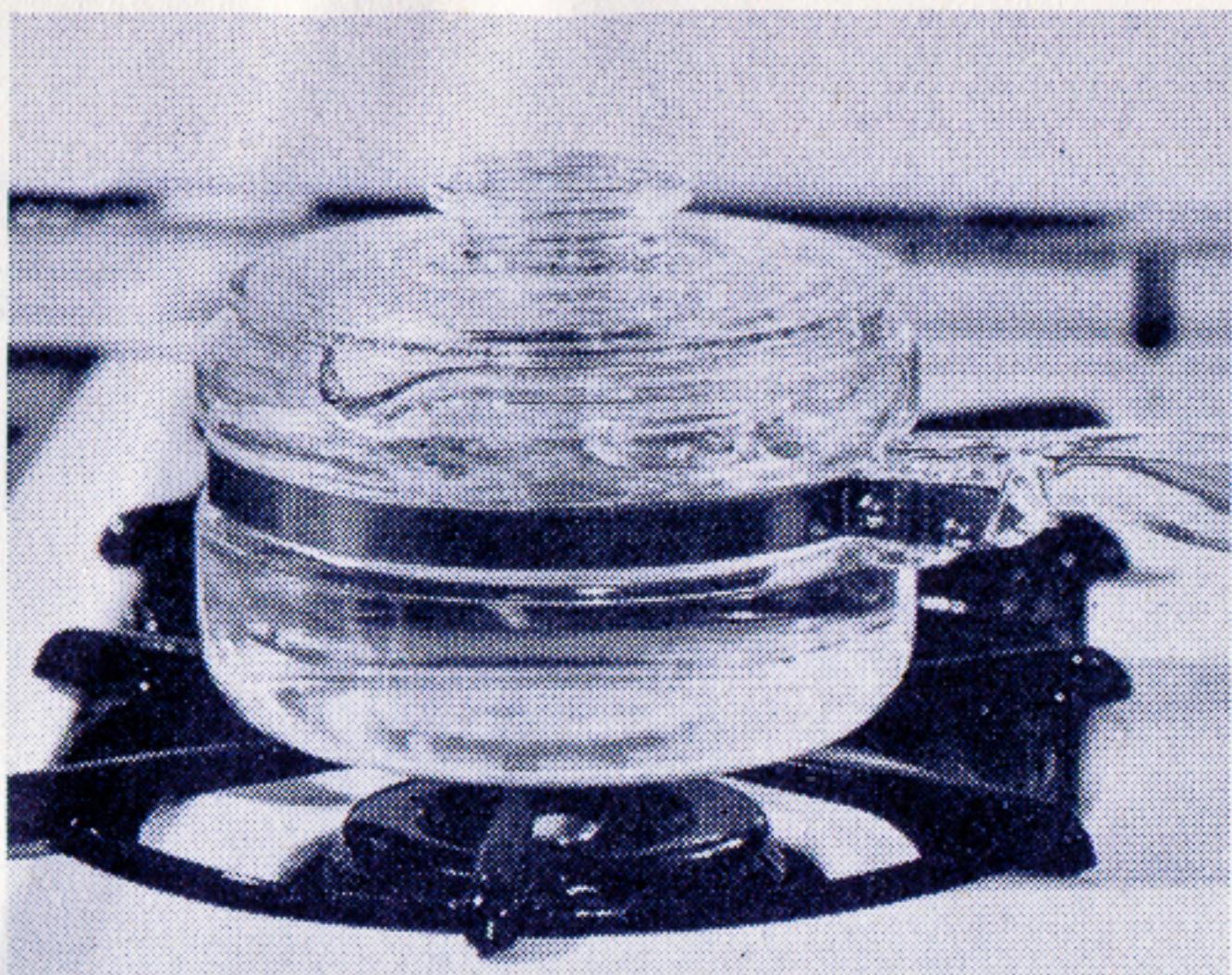
1 After scrubbing hands and cleaning nails, wash all equipment in hot, soapy water. Scrub bottles and nipples inside and out with brush. Rinse well in clean, hot water and allow to drain dry



2 For sterilizing, place nipples in nipple jar with perforated lid.

3 Place all equipment in kettle, *including jar with nipples* and cover equipment with water.

4 Boil equipment 5 minutes by the clock. Longer boiling weakens the nipples.



**5** While equipment is being sterilized, boil water for the formula and drinking water.



**6** Measure required amount of boiled water into measuring cup.



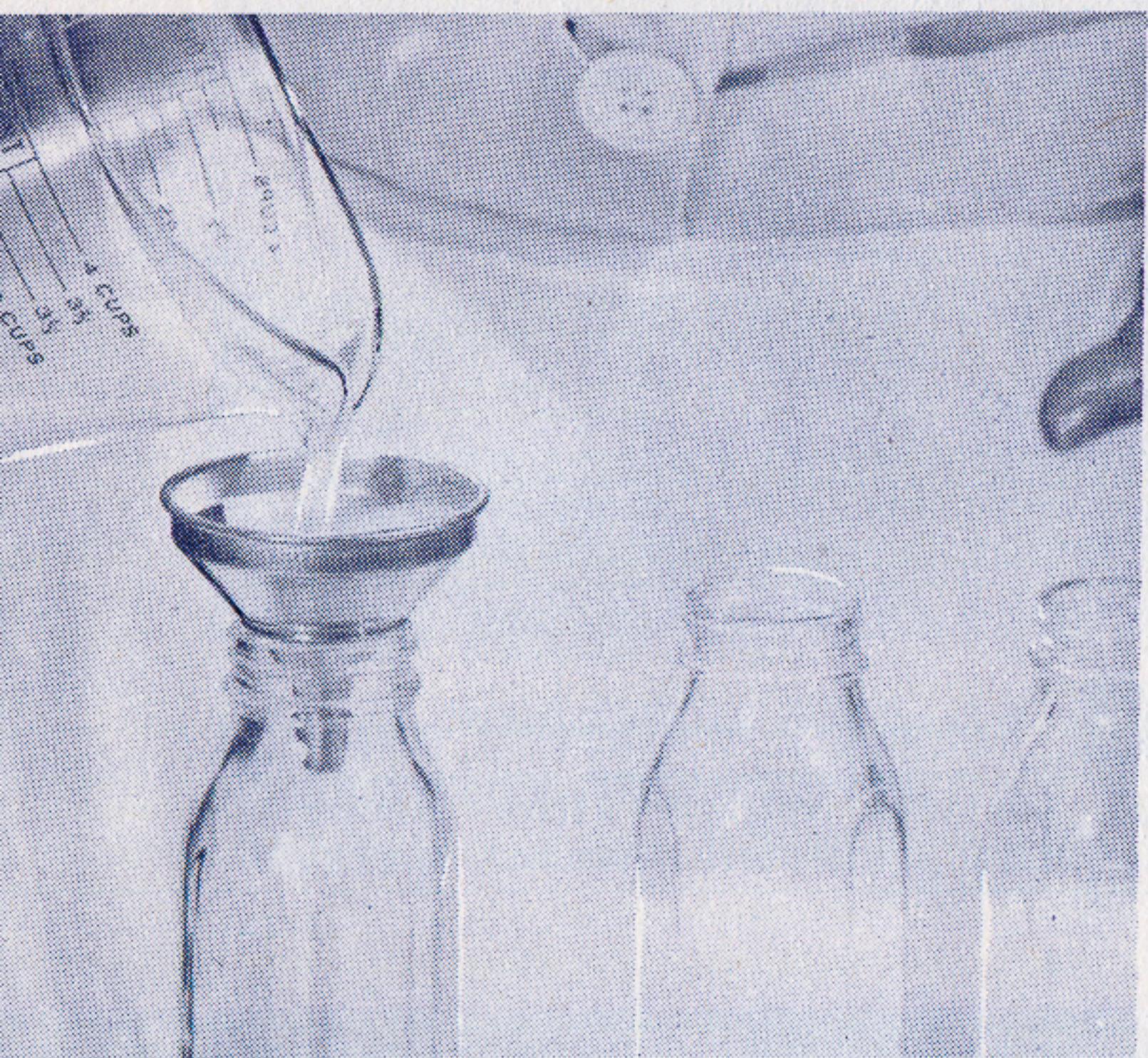
**7** Measure required amount of special sugar or syrup with measuring tablespoon, levelling special sugar with knife. Add to water and stir until dissolved.



**8** Scrub top of evaporated milk can with soap suds and scald top with boiling water.



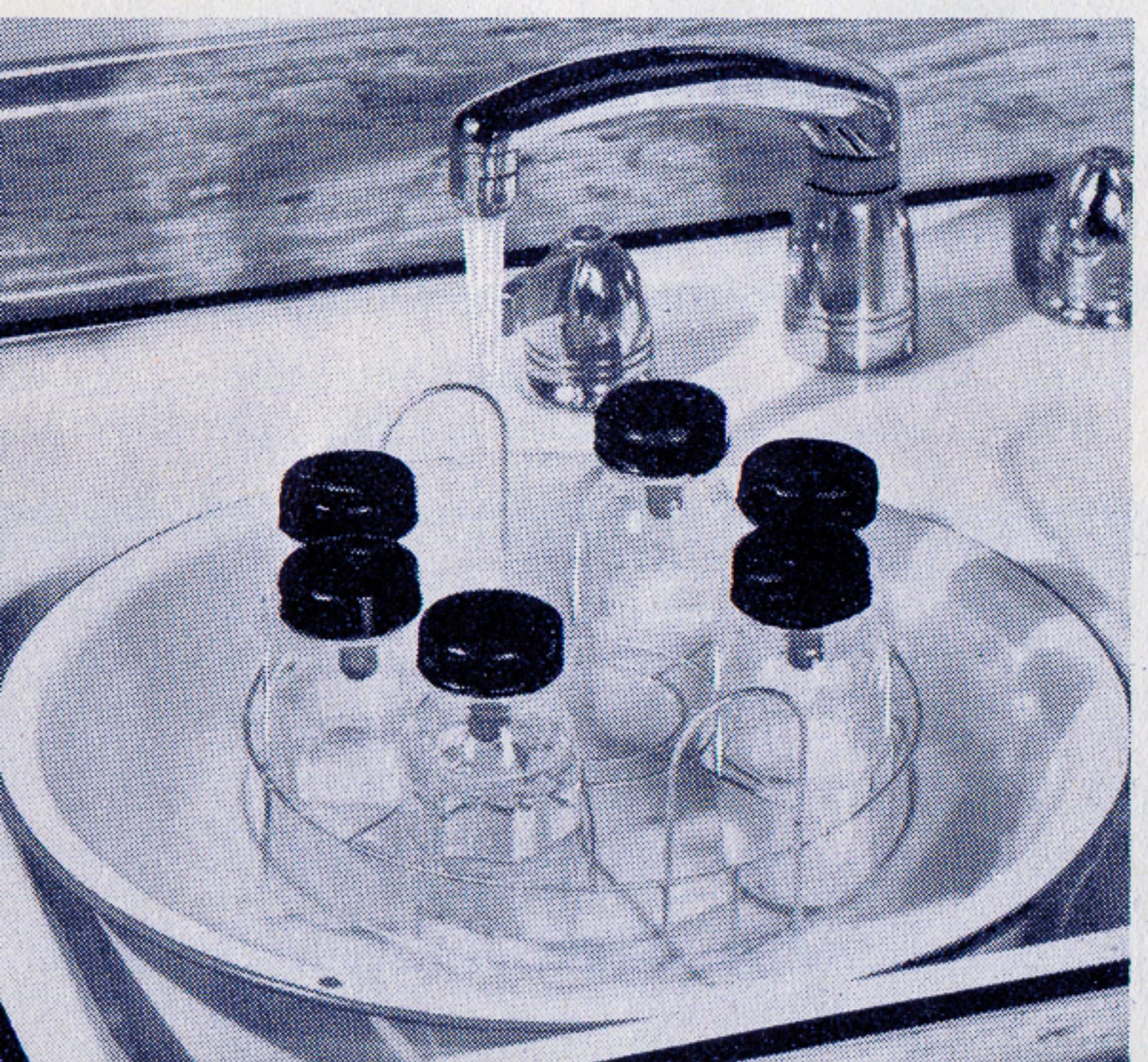
**9** Open milk can and measure required amount of evaporated milk into measuring cup. Stir well to mix.



**10** Pour formula into bottles. Fill one with boiled water for drinking.



**11** Place nipples on bottles with the tip pointed down and screw cap on securely. *Do not touch tip of nipple.*



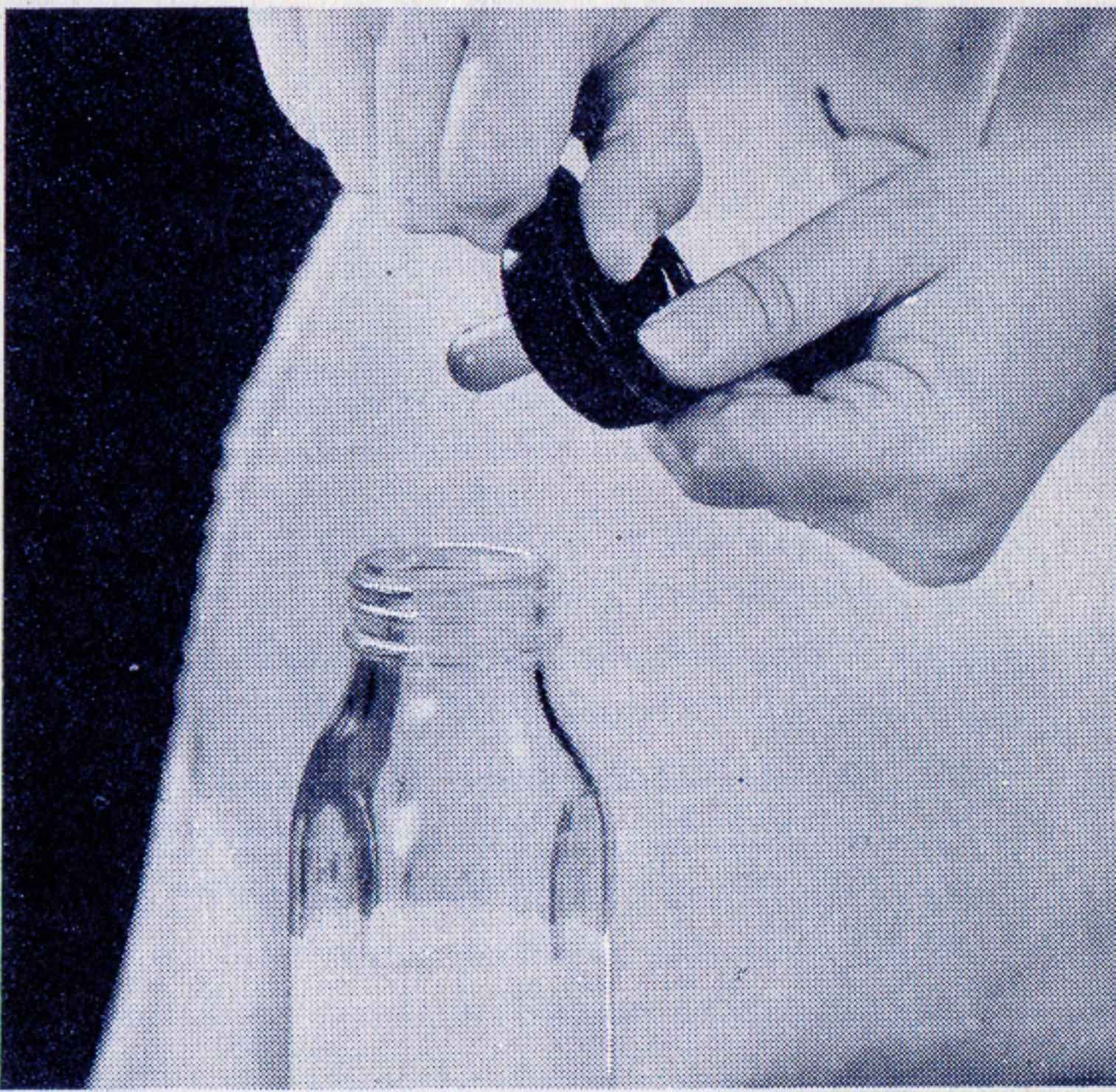
**12** Cool formula bottles in a shallow pan allowing cold water to run in pan for several minutes.



**13** Place the bottles of formula and drinking water in the refrigerator until ready to feed.



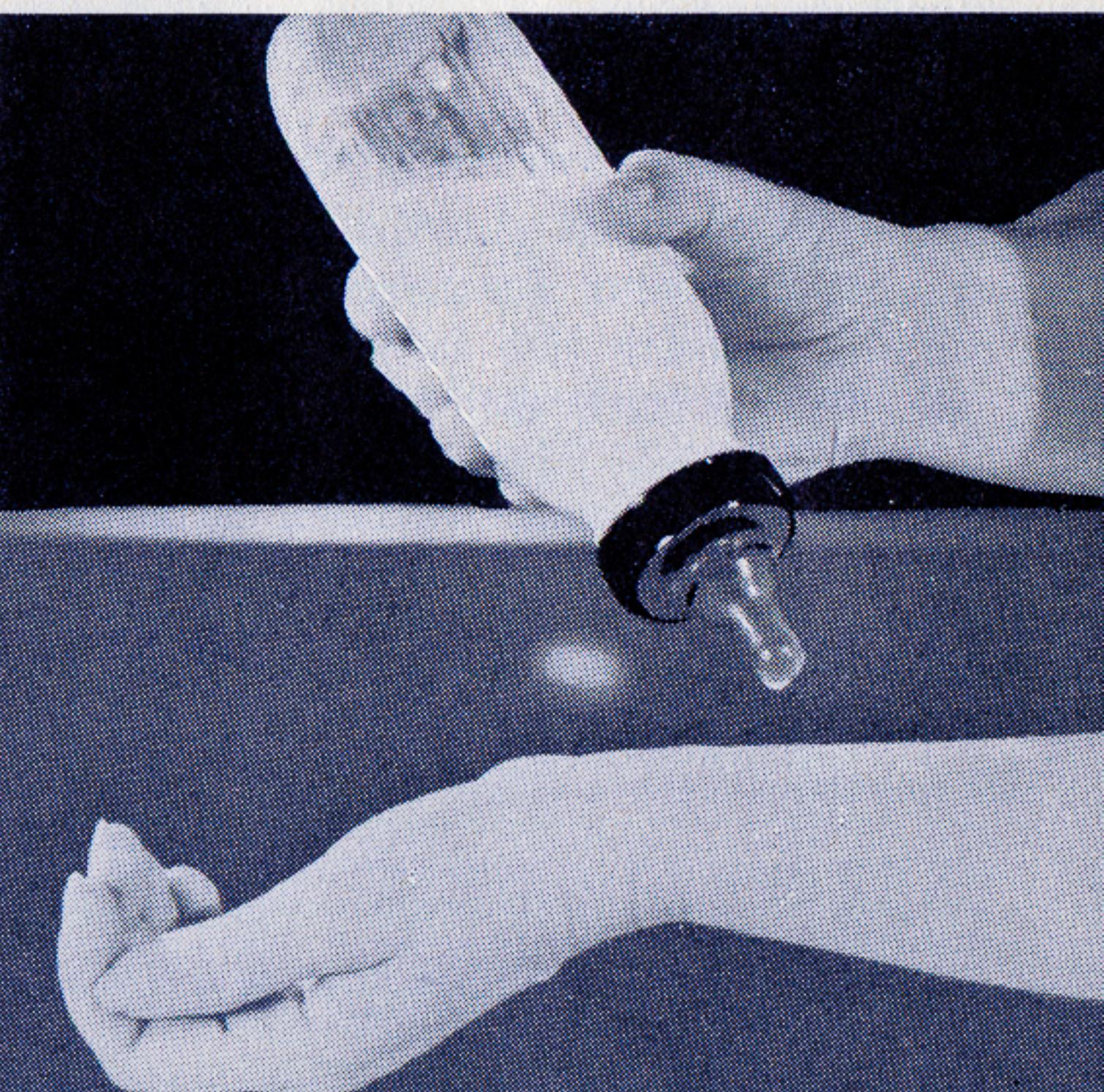
**14** Any of these bottles and caps may also be used, if desired.



**15** When ready to feed, invert nipple and push through cap with disc. Remove disc and screw down cap. *Do not touch tip of nipple.*



**16** Warm the formula by placing bottle in a pan of hot (not boiling) water, shaking to warm evenly.



**17** Before feeding, test temperature by shaking a few drops on the inside of arm.

# feeding the baby

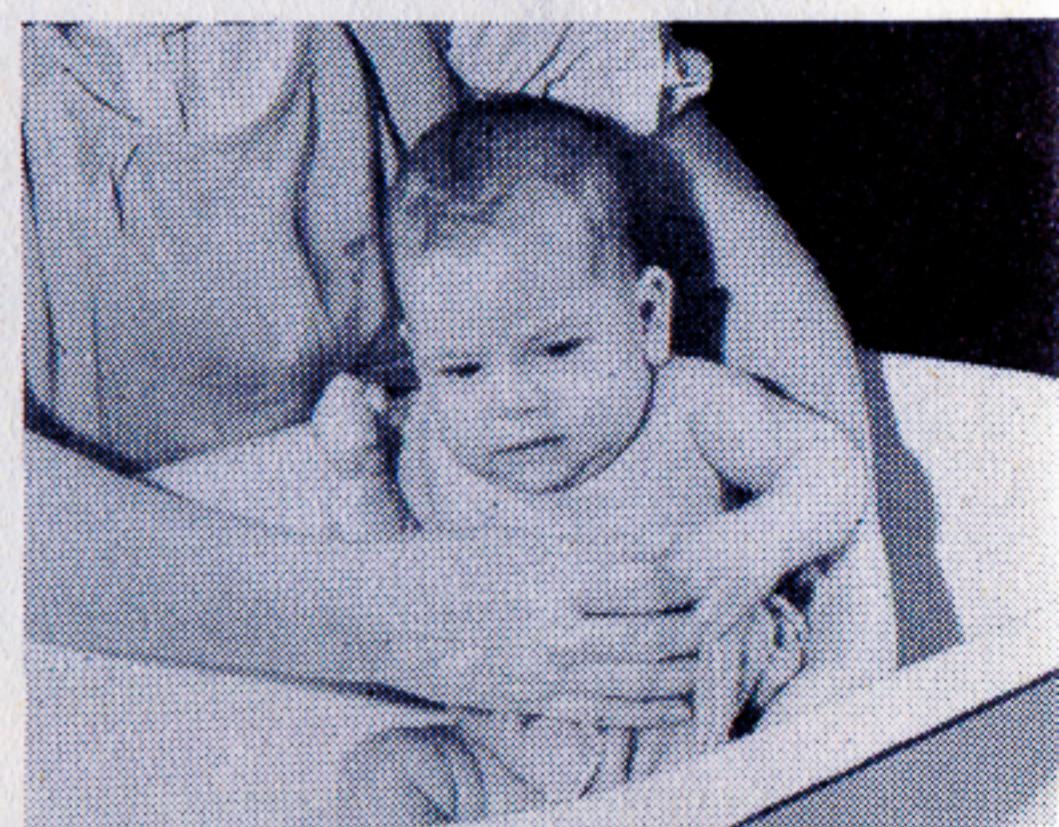
Before feeding your baby, wash your hands and put on a clean apron. If you have a cold, cover your nose and mouth with a mask or soft cloth. The nipple holes should be large enough to let the formula drop steadily without running in a stream. Enlarge the holes with a red hot needle if necessary.



- 1 Hold baby on your lap with the head and shoulders raised in the crook of your arm. The neck of the bottle should be full of milk.

# bathing the baby

The bath should be given at about the same time each day, midway between feedings. Be sure the room is warm and free of drafts. Handle the baby gently but securely and never leave him alone on the bath table or in the tub. Doctors usually recommend an oil or sponge bath until the navel has healed.



- 3 Wet wash cloth in clean water and wash baby's face. Do *not* use soap. Pat dry with soft towel.

- 4 Make a lather with soap on your hands and wash baby's head with a circular motion. Rinse with wash cloth and clean water and pat dry.

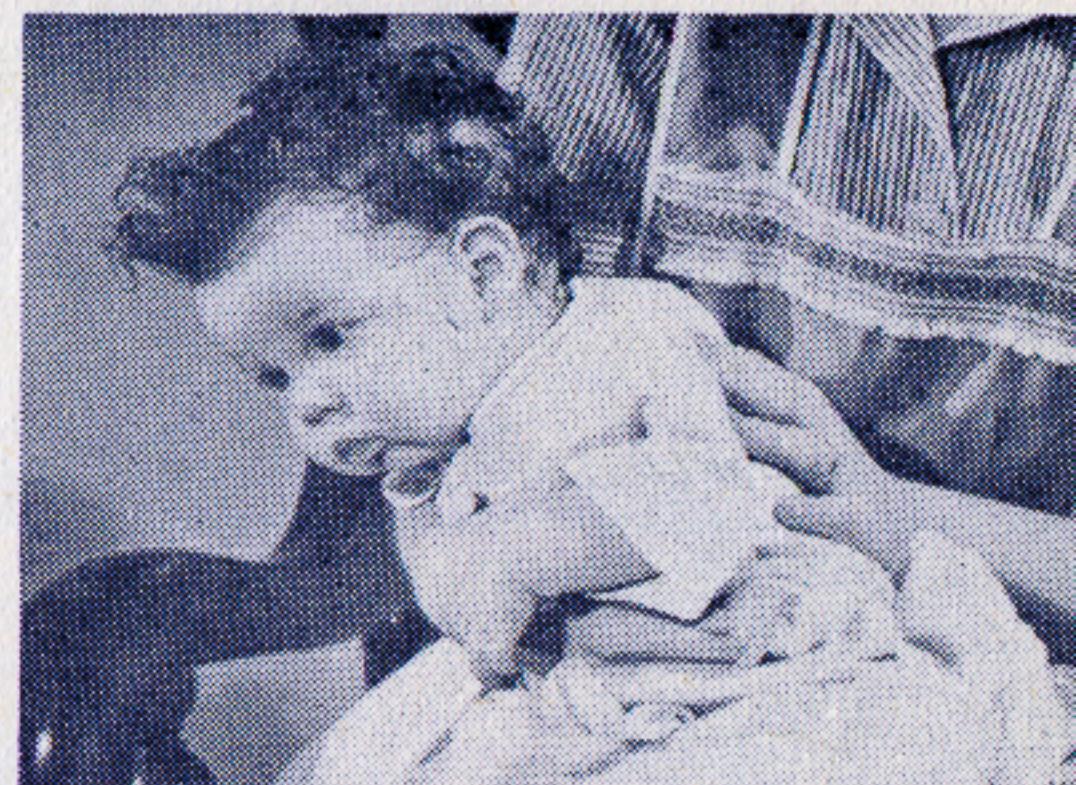
- 5 Soap entire body, front and back. Until navel is healed, rinse off soap outside the tub. After navel has healed, rinse off soap with baby in bath tub.



**2** Hold the baby over your shoulder for a few minutes midway through the feeding and again at the end, patting gently on the back to bring up any air swallowed during feeding.



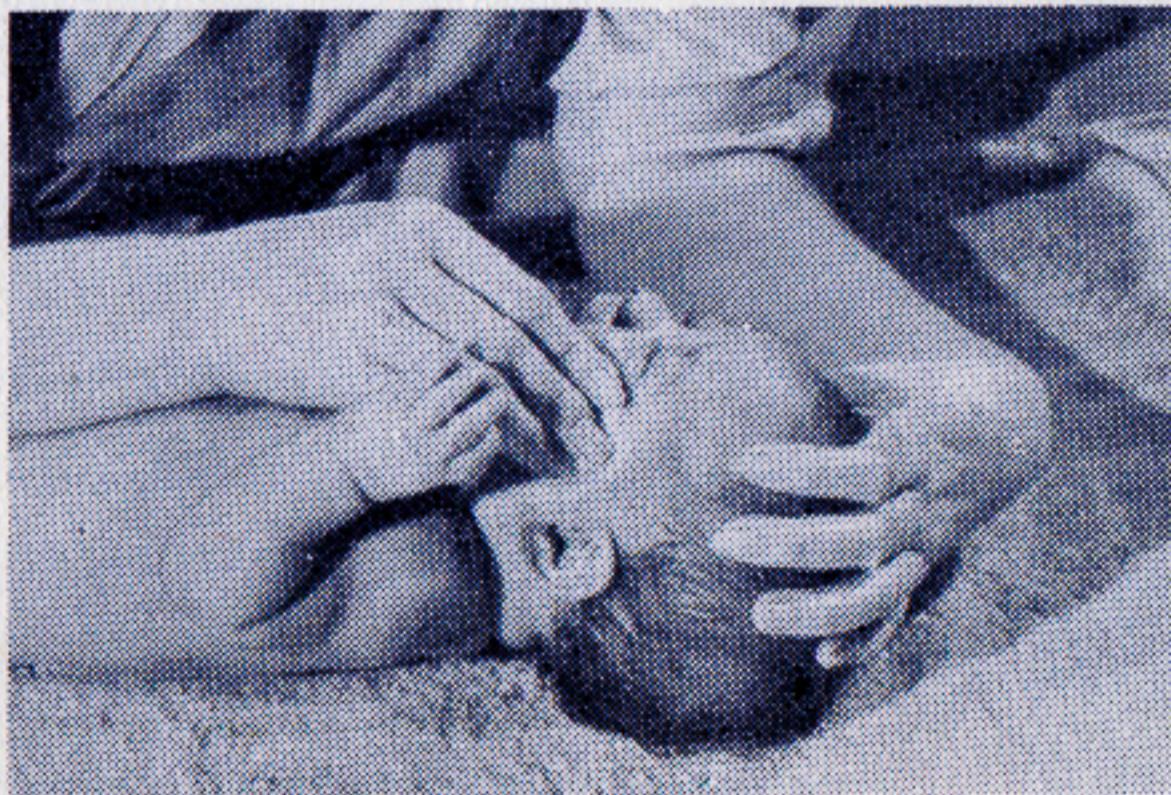
**3** An alternate feeding position is to cross your knees to support the baby's back, holding his head in a semi-upright position with your hand.



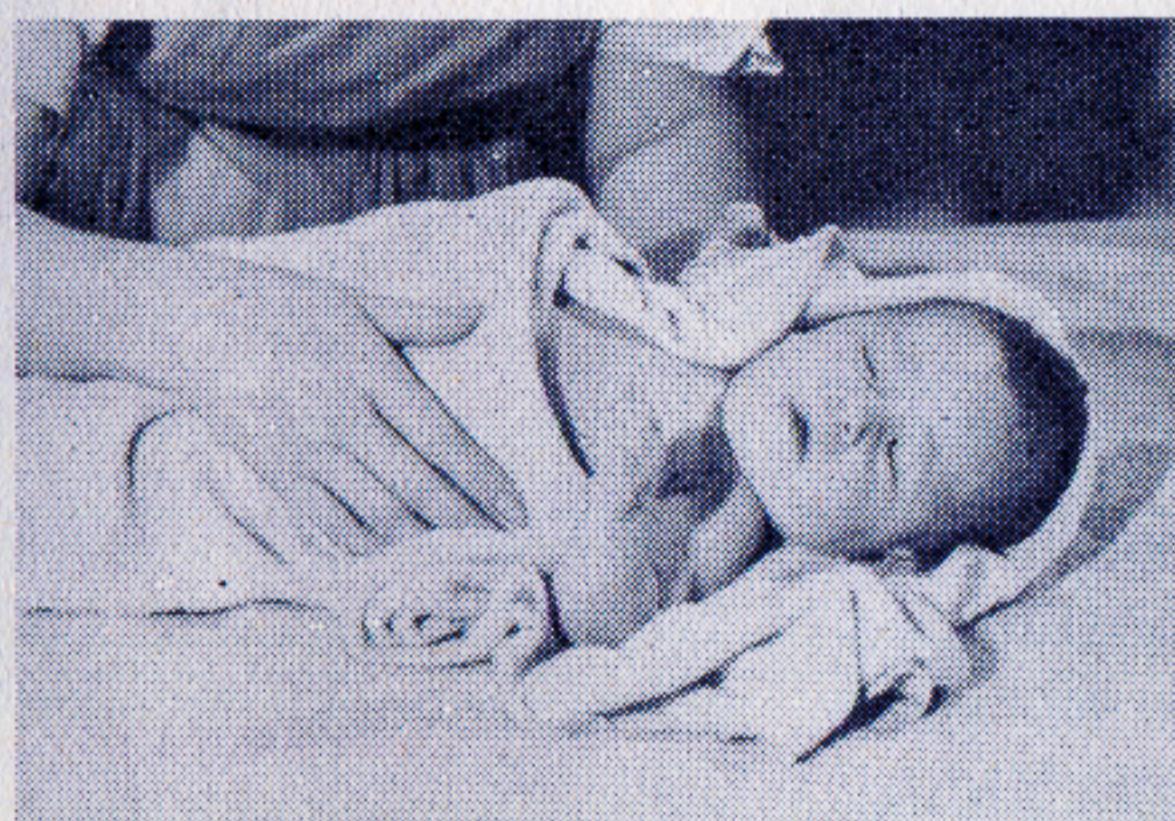
**4** When using the alternate position, bring up air by leaning baby forward, supporting the head and chest with your hand, patting on the back with the other hand.



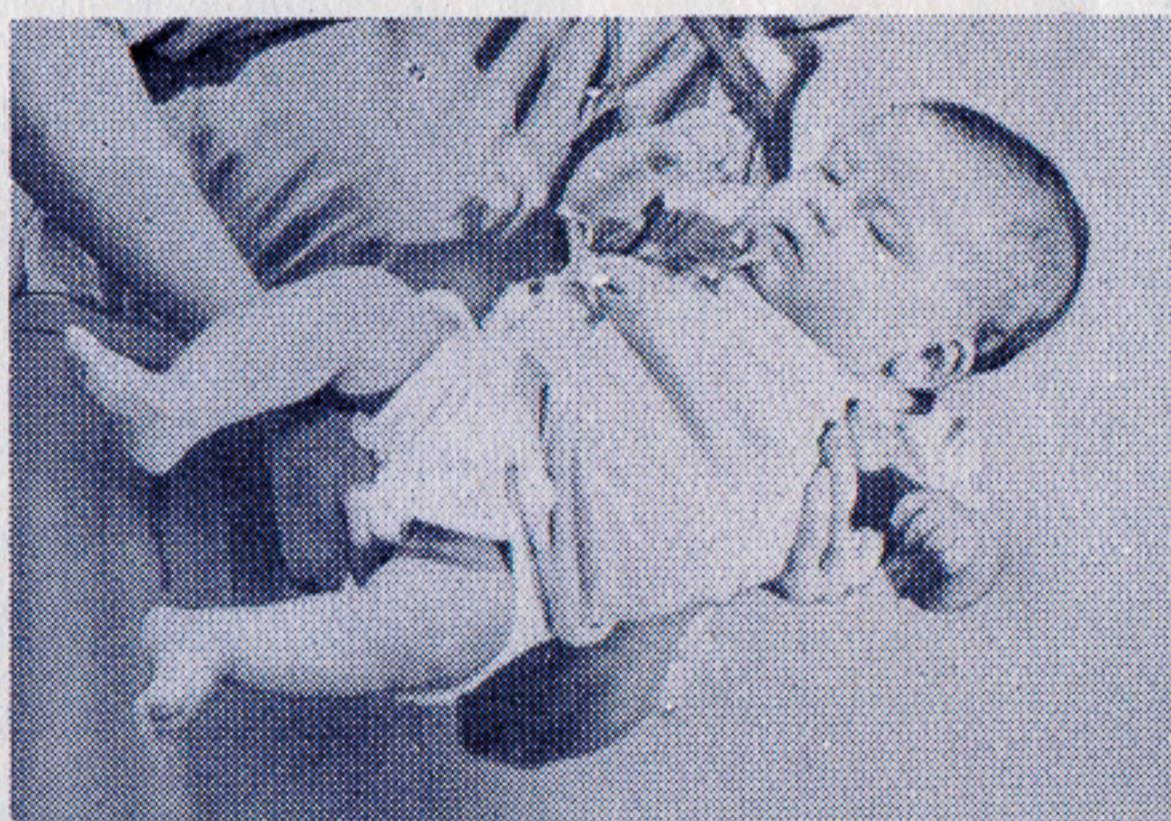
**1** After scrubbing hands and nails, pour 3 inches of warm water into tub. Test warmth of water with elbow. Water should be comfortably warm. Put out all supplies needed for the bath before starting.



**2** Place baby on pad on table. Wash baby's eyes with cotton ball moistened with water, wiping from inside out with separate cotton ball for each eye. Cleanse each nostril and outer ear with separate cotton wisps.



**6** Pat dry, making sure to dry all the creases. Put on small amount of baby lotion or powder after bath, according to your doctor's orders. Do not use both lotion and powder at the same time.



**7** Dress baby and put back in bassinet.

*Care of genitalia:* Girl—moisten cotton ball and cleanse parts with downward stroke.

Boy—follow doctor's orders regarding care of parts.

# record of Immunizations

Your baby needs the protection against disease that immunization will provide. Your doctor will tell you which immunizations your baby needs and when they should be given. Keep the information contained in the above record it will be needed when your child starts school or if you move to another location.